



HOME WORKOUT: TO BE COMPLETED EACH DAY APRIL 22-24, 2020

Objective: To maintain fundamentals and sharpness of skillset while being at home. Program is designed assuming no access to a basketball hoop. If you have a basketball hoop, target 225 makes per day of various shots at game speed with proper shooting form. Workout is designed as a minimum. Feel free to do more.

Equipment needs: 2 basketballs

2-Ball Ball-Handling (200 reps of each...wide/low stance entire time...knees/hips bent...back straight)

- Same time
 - Drive ball in to ground as hard as possible
- Alternating
 - Drive ball in to ground as hard as possible (one ball comes up while the other goes down)
- Baby dribbles
 - Both basketballs in low/baby dribbles. Use fingertips to keep dribble fast
- Shoulder dribbles
 - Stay in stance, but pound basketballs up to shoulders. Catch and fire back down
- L hand regular / R hand side-to-side
 - L hand in a power dribble...R hand dribbles in side-to-side motion in front of body
- R hand regular / L side-to-side
 - L hand in a power dribble...R hand dribbles in side-to-side motion in front of body
- R hand front to back through legs
 - Ball in L hand dribbles regular while ball in R hand dribbled front to back motion through legs
- L hand front to back through legs
 - Ball in R hand dribbles regular while ball in L hand dribbled front to back motion through legs
- Leg circles
 - Dribble both basketballs behind legs, then dribble both basketballs through legs back to front
 - Balls stay in same hand (R hand to R hand, L hand to L hand)
 - Repeat

Chair Form Shooting (60 reps with R hand and 60 reps with L hand)

- When going in to "shot", push through legs and power up in to shot without dropping "L" to a "V"
 - Chair – Sit on edge of chair with back straight. Back should not touch back rest of chair
 - Feet - Make sure feet are shoulder-width apart and toes/knees facing forward
 - L – Make L with shooting arm...elbow under ball...ball touching knuckles out to fingertips
 - Hand - Place non-shooting hand directly on side of basketball...fingers facing up
 - Shot - Power through legs...snap elbow/wrist...roll ball off fingertips...hold follow-through

Footwork (line drill...emphasis on quick bursts off the ground...immediately jump once foot touches ground)

- Find line on ground to use as a marker to jump over...3 sets of 10 seconds for each foot / each exercise
 - Emphasis on speed/bursts...try to beat your number of jumps from the previous set.
 - Single foot side-to-side
 - Jump over line in a side-to-side motion on one foot





- 3 sets of R foot and 3 sets of L foot...keep body balanced over the line
- Single foot front-to-back
 - Jump over line with single foot going forward and backwards over the line
 - 3 sets of R foot and 3 sets of L foot...keep body balanced over the line
- Single leg high knee jumps
 - Start standing balanced on one R leg
 - Jump off R leg and quickly bring R knee to chest (like high knee running)
 - Quickly bring R leg down to land balanced on R leg
 - Quickly repeat for 10 quick/explosive jumps. L foot never touches the ground.
 - Switch and repeat with L leg.

Video Review (Steve Kerr – Golden State Warriors Head Coach)

- <https://www.youtube.com/watch?v=FjSpvurd4XM>
- Very good video for both players and parents in learning more about the psychology of development and effective approaches.
- Things to notice:
 - Relationships
 - When the player knows you care about them more as a person, good things happen
 - Keep the game fun and interesting
 - Guidance over control
 - Over control can have negative impacts towards culture, enthusiasm, joy
 - Guidance may take longer, but will create more positives due to increased freedom
 - Trusting the process
 - “We are trying to build to the end of the year”...no shortcuts for short-term gratification
 - Keep everything in perspective
 - “One voice” philosophy...too many people giving instructions/directions creates confusion/distractions. Let players figure it out.

Challenge

- For “Chair Form Shooting”, put chair 3 feet in front of basket. Of your 60 reps with each hand, see how many swishes you can get in a row. Let us know your longest streak!
 - If you don’t have a basket, see how many times in a row you can have the ball roll back to you after “shot” without you moving to get it. A shot with proper backspin upon the release should roll straight back to you once the ball hits the ground.

Feedback

- Tag or DM @Showcase_BBall...for questions about drills, please email jeff@showcasebasketball.com

